

VETRUN



No. 526
APRIL 2022



Lake Monger
2022



NEXT EDITION: Vetrun no. 527 will be published in June 2022
Front Cover: Runners round the curves of Lake Monger.

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Bringing back the FUN!



Cecil

At the Friendship Run, way-back-when member Geoff Mullins (below) emerged from the undergrowth to remind me that in his day I looked like Michael Crawford, so that's why he recognised me. (Huh?) I remembered his face too, but not the name.



Geoff



CECIL Walkley topped Bolt and the rest with his State Champs 100m on March 13. None of those champions cruised down the track, waving to acknowledge the crowd's cheering!

Now 93-years old, a 4-minute mile contender when a young man in England, and a marathon and ultra-runner since coming to Australia, Cecil takes it all in his stride.

Perhaps he now reminds us that athletics should be fun?

Although the club now has many T&F devotees I believe a greater percentage of 'Sunday'

road runners went to the track in the early days. It was the norm.

Of course, many current Sunday runners do T&F and that's great. But ... it all feels more technical, 'serious' perhaps. That is daunting for the more casual members.

Perhaps, like Cecil, we can find ways to make it more fun?

VW



Welcome back Frank Gardiner and Jeff Bowen on the water table at Woodbridge.

At last, another multi-coloured shorts fan emerges. Bob Fawcett decries sports shops' unimaginative men's stock, so I hope he gains as many compliments on-the-run as I do.



Bob



IN AN unprompted review, Dad has awarded the iconic Dunlop KT-26 the title of the Greatest Shoe of All Time, Ever. (Source: the Betoota Advocate.)

The announcement, which came as a shock to local New Balance fans, was made to nobody in particular whilst Dad proudly unboxed his newest pair in preparation for a christening powerwalk.

The iconic KT-26 was released in 1978, less than one year after the death of Elvis Presley, although experts say these two events were probably not connected. 1978 also gave the world LaserDisc players, and Cabbage Patch Dolls, none of which have aged as well as the timeless KT-26.

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Friendship Run



MAWA AGE-GROUP LEADERS

10KM RUN

Kim Thomas	M45 41:32
John Ferguson	M50 43:30
Jerry Peters	M40 44:45
Glenn Rogers	M55 47:23
John Fisher	M60 53:48

Peter Tietz **M651:07:44**

WOMEN

Caroline Knight	W40 47:02
Clare Wardle	W45 48:56
Liz Bryson	W70 56:22
Julie Wilson	W651:00:22
Jo Scott	W451:00:22
Rochelle Airey	W50 1:02:43
Noels Treen	W60 1:09:56

5KM RUN

Mike Haederle	M55 19:46
Greg Knuckey	M60 22:44

FEBRUARY 6, 2022

Director: Jim Langford

Ralph Henderson	M70 24:47
Jonathan Lester	M50 25:12
Jim Klinge	M75 28:54
Brett Montgomery	M45 29:18
Heiner Huning	M65 40:34
John Pellier	M80 41:44

WOMEN

Nicole Cole	W45 25:47
Stephanie Griffiths	W35 26:57
Shareenah Virahsawmy	W40 29:46
Anne Jones	W65 30:32
Robin King	W60 31:34
Isolde Tietz	W70 36:14
Melinda Fisher	W55 41:38

5KM WALK

Andrew Cuthbertson	M60 36:13
Johan Hagedoorn	M75 37:24
Lui Cecotti	M70 38:10
Sean Keane	M55 44:04
Norman Pillay	M50 47:02
Paul Hughes	M65 54:53
Paul Martin	M80 1:04:36

WOMEN

Peggy Macliver	W75 42:00
Delia Baldock	W55 45:19
Sheila Pillay	W50 45:48
Margaret Saunders	W65 54:39
Ros Pillay	W70 59:03
Sylvia Szabo	W40 59:18
Sylvia Szabo	W60 59:20
Joan Pellier	W80 1:11:12
Marge Forden	W80 1:11:13

FEWER friends ran this year - WAMC forgot to list the event! Jim Langford (of course, who else?) stepped in to direct.

Above, inset: yes, you can walk X/C legally. Frantic 10km finishers Julie Wilson and Jo Scott couldn't be separated. Top right, 1st 10km M65 is Peter Tietz; below him, Kim Thomas, overall 10km winner. Right, Jim Langford.



FEBRUARY 13, 2022
Director: Delia Baldock



WE were greeted with an idyllic summer morning on the banks of the Swan River chorused by laughing kookaburras. As usual we are having a very hot summer so don't forget to hydrate after your run!

Congratulations to Liz Gomez, making an amazing comeback, since the birth of their bouncing baby, to win the Ray Gimi Trophy 10km Handicap run. Congratulations also to the winner of the 5km



5km winner, new M45 member Mark Maslen (2305) leads. To his left, 2nd overall Mike Haederle (M55) sets his watch.

Handicap walk, Lynne Schickert, who has also been making an incredible comeback.

Inspirational women indeed. New member Mark Maslen led the 5km runners home in a very speedy time. Also noteworthy is Astrid Roberts Feyer's blistering actual time for the 10km.

Well done all and special thanks to my band of merry helpers!

Delia Baldock

10KM HANDICAP RUN

	H'cap	Run	Time
WOMEN			
Liz Gomez	W40 57:07	0.00	57.07
Darryl Downing	M40 1:05:35	18.05	47.30
FASTEST!			
Kim Thomas	M45 1:05:38	26.30	39.08
Clare Wardle	W45 1:05:42	24.37	41.05
Drew Langford	M45 1:12:17	30.38	41.39
5KM HANDICAP WALK			
Lynne Schickert	W80 44:03	3.00	41.03
Peter Hopper	M75 44:21	2.43	41.38
FASTEST!			
David Gardiner	M75 46:41	7.16	39.25
Haydn Gawne	M70 46:47	8.18	38.29



Left, Kim and Clare; below, Lynne; below left, Liz.



Anne's PB Marked!

Above - Anne Young led to her 5km PB by Mark Kerr.



Left - New member Paz salutes the Editor! She seemed such a polite young lady too. Then again, even Winston Churchill did it wrong sometimes.

AGE-GROUP LEADERS

5KM RUN

Mark Maslen	M45	18:36
Mike Haederle	M55	18:52
Matt Ferguson	M30	22:34
Ross Keane	M60	24:27
Mark Kerr	M50	24:40
Mark Hewitt	M65	25:51
Geoff Vine	M70	26:01
Jim Klinge	M75	26:42
Bert Carse	M80	30:37

WOMEN

Anne Young	W45	24:37
Amparo Storey	W35	26:05
Emma Hartley	W30	30:52
Margaret Saunders	W65	33:48
Jackie Halberg	W75	38:17
Kerry Bickers	W60	55:04
Jenny Hogg	W55	55:05

10KM WALK

Johan Hagedoorn	M75	73:48
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Perry Lakes

FEBRUARY 20, 2022

Director: Mark Hewitt



May I have this dance? Director Mark in the Gentlemen's Excuse-Me with Paul Martin. Mark's report - page 6.



All-rounder (track, road, bike) Mike Haederle celebrates. First member home in the 10.5km, he was preceded only by one-time member, now occasional visitor, Kyle Eagar, right.



AGE-GROUP LEADERS

10.5KM RUN

1978 Mike Haederle	M55	43:09
2278 John Ferguson	M50	43:42
1702 Steve Helm	M60	47:41
1202 Akos Gyarmathy	M65	50:47
1487 Jason Kell	M45	55:10
1960 Leon Mitchell	M40	57:54
454 Mark Sivyver	M70	58:06
512 David Baird	M75	59:11

WOMEN

2259 Caroline Knight	W40	47:18
1910 Nicole Cole	W45	54:14
843 Rochelle Airey	W50	59:48
1661 Liz Bryson	W70	1:01:32
1512 Noels Treen	W60	1:08:07

7KM RUN

2003 Paul Watson	M55	27:40
798 Kim Thomas	M45	29:47
2233 Greg Knuckey	M60	30:06
1729 Victor Munoz	M65	33:36
178 Ralph Henderson	M70	33:49
53 Jim Langford	M75	39:14
1781 Rohan Thompson	M40	46:08
1985 Mike Cyran	M50	46:46
112 Bob Schickert	M80	51:01

WOMEN

1255 Clare Wardle	W45	29:47
1258 Sandra Siviour	W50	35:01
987 Julie Wilson	W65	38:07
288 Gillian Young	W70	40:38
1393 Lori Sexton	W60	40:44
2112 Audra Rimmer	W55	43:52
1961 Sofia Dumlaio	W40	48:33

3.5KM RUN

1710 Mitch Cleasby	M60	14:27
139 Jim Klinge	M75	18:03
637 Martin Watkins	M70	20:24
1827 Steve Barrie	M55	24:08
824 Heiner Huning	M65	26:19
40 John Pellier	M80	27:40

WOMEN

2291 Amparo Storey	W35	18:00
406 Chris Pattinson	W65	19:02
2273 Jacinta Thompson	W40	20:46
739 Margaret Saunders	W65	20:47
1711 Denise Cleasby	W60	21:16
1994 Lorna McGavock	W45	24:23
1260 Melinda Fisher	W55	26:11
1787 Hazel Stephen	W75	28:22

10.5KM WALK

1257 Karyn Tolardo	W55	1:11:36
1110 John McDonagh	M70	1:15:43
1944 Steve Travell	M65	1:35:31

7KM WALK

1638 Andrew Duncan	M55	41:43
262 Johan Hagedoorn	M75	50:33
248 Rex Bruce	M80	1:06:39
227 Gary Fisher	M65	1:06:54
2000 Andy Wong	M45	1:30:50

WOMEN

99 Peggy Macliver	W75	54:47
111 Lynne Schickert	W80	1:09:57
1957 Christy Davidson	W40	1:14:39
2159 Kerry Bickers	W60	1:17:36

3.5KM WALK

1808 Marcela Ruiz	W60	26:22
510 Delia Baldock	W55	28:25
1752 Sheila Pillay	W50	30:53
1301 Erika Blake	W65	34:57
1679 Ros Pillay	W70	37:41
47 Joan Pellier	W80	37:44
31 Dorothy Whittam	W85	37:45
38 Lorna Lauchlan	W90	39:28

MEN

2059 David Gardiner	M75	26:32
1624 Haydn Gawne	M70	26:37
2304 Norman Pillay	M50	30:55
20 Jeff Whittam	M85	35:42
89 Paul Martin	M80	41:05
106 Paul Hughes	M65	41:05



Hero of the day - Andy Wong determined to get back, nine weeks after breaking tibia and fibula playing basketball!



Little Lily Jones; she's often been marshal's assistant for dad, Pat, but this was her first run-start. At only four years Lily is surely our youngest ever?

Few surprises this year? Hhmm ...

AFTER the drenching of heavy rain in last year's event, the 2022 Perry Lakes event was held in mild weather under blue skies - as requested. (Does this bloke have a direct line to upstairs? Ed.)

Paul Watson received his 2021 Age-Graded Handicap trophy before the event, and inspired, won our 7.5km run. (I suggest serial handicap winners like Paul, and Gillian Young, should have to carry the trophy ever-after, as an extra handicap. Ed.)

There were few surprises this year. However, road crossing marshal John Lucas reported that he correctly halted some runners for an approaching learner driver. The learner indicated a right turn, then turned left! Don't be surprised if he/she is back, still learning, next year!

Congratulations to all our age-group leaders and thanks to all the helpers for a job well done.

Mark Hewitt



Wise Bob Schickert; he went carefully over 7.5km, keeping something in reserve in preparation for the imminent State Champs 10km.

Below, the ever-smiling Steve Helm, 1st M60 10.5km, in fine company of Caroline Knight, 1st W 10.5km.



Well, David Gardiner was a little surprised as he tumbled into the chute. Director Mark Hewitt hastened to assist, but follower Haydn Gawne was faster still with an explanation. "I threw ten cents in front of him and he fell over trying to pick it up."



Spotting a new barefoot club member I assumed he must be a Maslen - that being the family's running speciality! But no, this new member runner is Will Taylor, No. 2308. Will is pictured with Drew Grosas and Pat Jones.

FEBRUARY 27, 2022
Director: Dave Roberts



THING is, you can always be sure of Director Dave Roberts' report. There won't be one.

So I'll deputise, to thank him, his Freo mafia, and the volunteer team (which filled out nicely, thanks for asking, after the Vetrun February appeal).

There was a fair turnout, considering many club stalwarts were otherwise engaged at ECAC for the State 5,000m champs run. (Some great times recorded there; check the web-site results.)

One complaint was aired, though, by Treasurer Gary Fisher. As he finished he declared that he had 'no-one to walk with'. Fats Waller aficionados Paul Martin and I promptly serenaded the poor wretch with more lines from 'Ain't Misbehaving'. Alright, you had to be there.

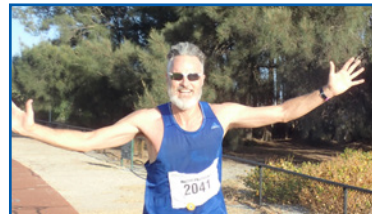
VW



**AGE-GROUP LEADERS
10KM RUN**



2134 Gerrit Myburgh M50 45:41



2041 Simon McGarvie M55 46:54
1726 Jerry Peters M40 47:08



796 Steve Hossack M60 47:14



755 Bob Lane M70 48:16
1202 Akos Gyarmathy M65 48:40



2031 Matthew Dunstan M45 49:59

At app. 6.5km M65 Akos leads M70 Bob, but later they swapped places. That's the problem with road runs, compared to the track. Few of us are on the spot to view the tussle. Knowing how Akos relishes a fast finish, I assume Bob took that unassailable lead well before the 10km ended.

Centre of frame, women's 10km winner Sandra is in the pink, flanked by Akos Gyarmathy and Bob Lane, with Angela Hon on her tail.

**WOMEN
10KM RUN**

689 Sandra Stockman W55 48:58



2225 Angela Hon W40 51:17
2098 Vynka Cridge W45 55:36
843 Rochelle Airey W50 57:19
1494 Wendy Grace W65 1:01:32
1512 Noels Treen W60 1:07:43
481 Theresa Howe W70 1:08:43
2052 Amanda Wylde W35 1:13:37

5KM RUN

2003 Paul Watson M55 19:59
745 Mark Dawson M60 24:27
139 Jim Klinge M75 27:47
175 Brian Bennett M70 29:21
401 Mal Vernon M65 32:19
2000 Andy Wong M45 56:15

WOMEN

1910 Nicole Cole W45 24:46
2302 Stephanie Griffiths W35 25:59
1926 Gayle Craft W65 28:33
1661 Liz Bryson W70 31:42
795 Basia Lis W55 35:04
2047 Mel Montgomery W40 35:15

10KM WALK

- 1638 Andrew Duncan M55 61:09
- 1257 Karyn Tolardo W55 70:01



262 Johan Hagedoorn M75 74:28

5KM WALK

- 1624 Haydn Gawne M70 38:19
- 77 Arnold Jenkins M75 46:28
- 227 Gary Fisher M65 47:57

WOMEN

- 510 Delia Baldock W60 39:04
- 1900 Glenys Duncan W80 47:46
- 2128 Heather Miller W70 52:56
- 1328 Pam English W75 55:30
- 2022 Jenny Hogg W55 58:21
- 1594 Philippa Greenwood-Jones W35 65:09

You say NY-O!

If your gaelic is a bit rusty, and like me you had forgotten how - that's the way to pronounce Ngaio Kerr's name. It's OK - Mark says it took him six months to master it!



BOB WINS

BOB Schickert has won the 2022 May Campbell award for services to sport.

A stalwart of athletics for 40 years, Bob's depth of experience is that of an avid competitor as well as administrator and official at local, regional and world competitions.

Awards are no novelty to a bloke who has won two Gold, two Silver and two Bronze World Master Athletics Championships medals, as well as 11 Gold, 18 Silver and 23 Bronze Australian Masters Athletics Championships medals. Bob has also been awarded the Australian Sports Medal, the World Masters Athletics Award at Lyon General Assembly for services to Masters Athletics, as well as multiple Life Memberships.

In our own club he has served as President, Treasurer and Secretary and held numerous other positions with World Masters, Oceania Masters in addition to more than 20 years as an accredited official of Australian Athletics.

Those albino dogs at Point Walter don't look well, do they? I suppose if you starve them at least there's less to pick up.

Left: Heiner Huning struggled to pick up a drink from cheery Jim Barnes!

SO, the Guess Own Time event is on the move again. This year competitors will run, walk (or crawl, if you like) around both of the Perry Lakes.

The 2022 course reunites the Sunday field over one course, in keeping with the original intention of the GOT, which gives everyone an equal chance of winning, whether you're fast or slow.

Some experts suggest it's easier to estimate a slow time than a fast one.

You may choose to cover one lap - 3.7km, or two laps - 7.5km.

Also, two trophies will be awarded - the Alarming Clock (which used to work, once) for one-lappers; and the Timeless Trophy for two laps.

How to win

This events tests your ability to set a pace and stick to it.

It's simple.

Study the course (see map) and estimate how long it will take to cover it.

Of course, we use a cross-country course to make it a bit tougher.

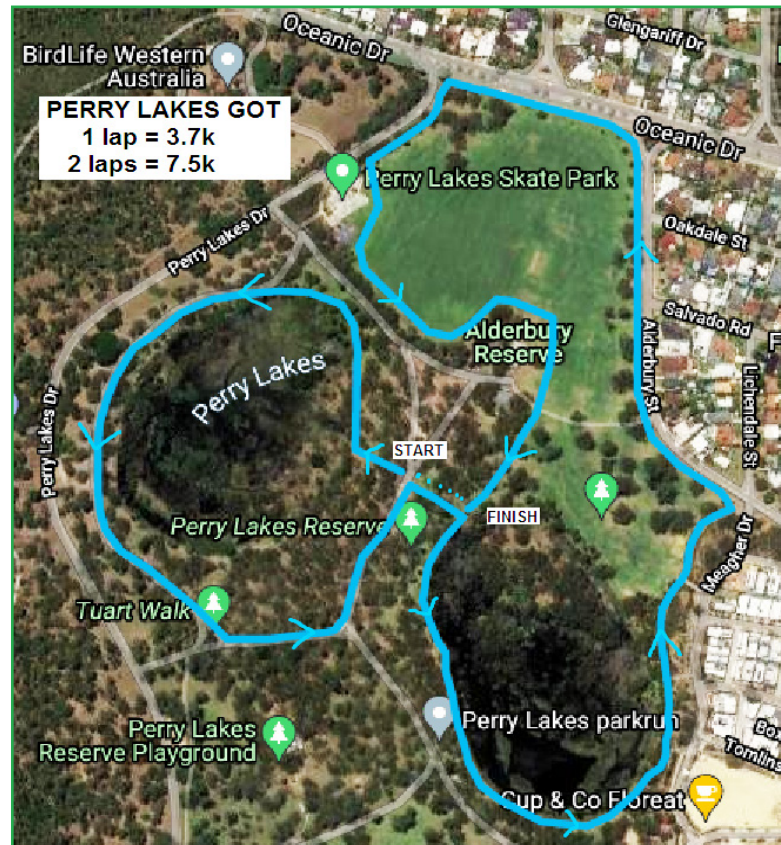
Over the past 30 years, in Kings Park, at Hale School and at Reabold many competitors have made amazingly accurate guesstimates.

Many have finished within a few seconds of their guessed time.

Walker winner?

The short course trophy - the Alarming Clock - was added a few

We like to keep you GUESSING



years ago to please our walkers, who wanted to join in the contest without doing the long course.

No walker has ever won, or even contested, the long-course Timeless Trophy. But there's every chance it could happen this time, because the first kilometre of the

course, around West Lake, is almost all on tarmac.

* Finally, to keep the membership guessing there are plans to keep the GOT moving, using a different location every year. Suggestions for suitable, fairly flat, cross-country courses would be welcome. VW



Lucky Lachlan Marr was last year's winner of the unique Timeless Trophy.



Commonwealth Games Perth?

CURRENT facilities for athletics fall far short of the minimum requirements for Commonwealth Games competition.

Neither of the hard track locations would pass the pub test, certainly not Coker Park, with no spectator facilities, and Mt Claremont, which has little spectator facility except a stadium that is too small and incorrectly positioned (grandstand) facing the sun and weather.

So - the proposal is to convert Optus Stadium to an athletic track, which the architects say can be done. Remember javelins are flying over 90 metres these days.

But all these tracks suffer from the same problem- there are no warm-up facilities at any of them. A reasonable track of the same material as the competition surface, and adequate space throwing events and field events is essential. Without them, forget it.

If it (conversion) happened would athletics, which is woefully provided for in Perth, benefit from the conversion after the games, I wonder?

Robert Shand
Masters Athlete

To: letters@wanews.com.au
Subject: Commonwealth Games

Where they're running

EVERYONE is welcome to join in Masters' regular Sunday and T&F meetings and also the casual group runs listed here. All are organised by members, volunteers and supporters.

MONDAY

- Track training – ECAC 7.30am.
- Point Walter road run 8km, 6pm. Contact Richard Simmons 0408 986 631.

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett 0412 990 945; brianbennett47@gmail.com

THURSDAY

Perth Trail Series, Kings Park Kiosk, Fraser Ave. Start 6pm, finish 7pm. 8km to 10km mob run, on the trails. Contact Melina Mellino 0423 729 949 melina@perthtrailseries.com.au

parkrun – go online to parkrun.com for details of many locations around Perth.

New club runs in April

APRIL brings fresh interest to Sunday mornings with two brand-new events and a new course for an old one, the GOT.

First up – April 3 – is Star Swamp, a cross country over 12.4km or 6.2km; with an accompanying path walk of 10km/5km.

A week later we will be in South Fremantle for a mixed-terrain 8km/4km.

The re-worked GOT follows on April 17 (Easter Sunday) at Perry Lakes.

April 3 Director Mark Dawson told *Vetrun*:

“Star Swamp Bushland Reserve, some 100 hectares, and a Class A Nature Reserve, lies west of Marmion Avenue, nestled between North Beach Road and Beach Road.

“It is believed that its name originated from an early official map from 1869, wherein the site of the unnamed swamp was marked by an asterisk or star – hence the early settlers started calling it Star Swamp.

FRIDAY

New phone number 0421 997 627; or email mbe37778@bigpond.net.au for a list of locations. Start at 6am during Feb/March, usually the hottest months. Sadly, we are mostly walking now, with only a few like Akos, Mal Vernon, Brian when able, and Milton still able to run. More runners would be welcome, says Marg Bennett!

“The Swamp itself is a four hectare semi-permanent wetland. The Reserve is dissected by a maze of formed tracks, similar in style to the Bold Park tracks. The jewel in the crown is the Henderson Environmental Centre – opened in 2001 – at the end of Groat Street, North Beach, and it is from here that both the run and walk will start.”

South Freo

Clare Wardle and Giovanni Puglisi are directing this one.

“At this stage, I envisage the events starting and finishing on the grassed area beside the gazebo located about 100m south of the South Beach Café,” says Giovanni.

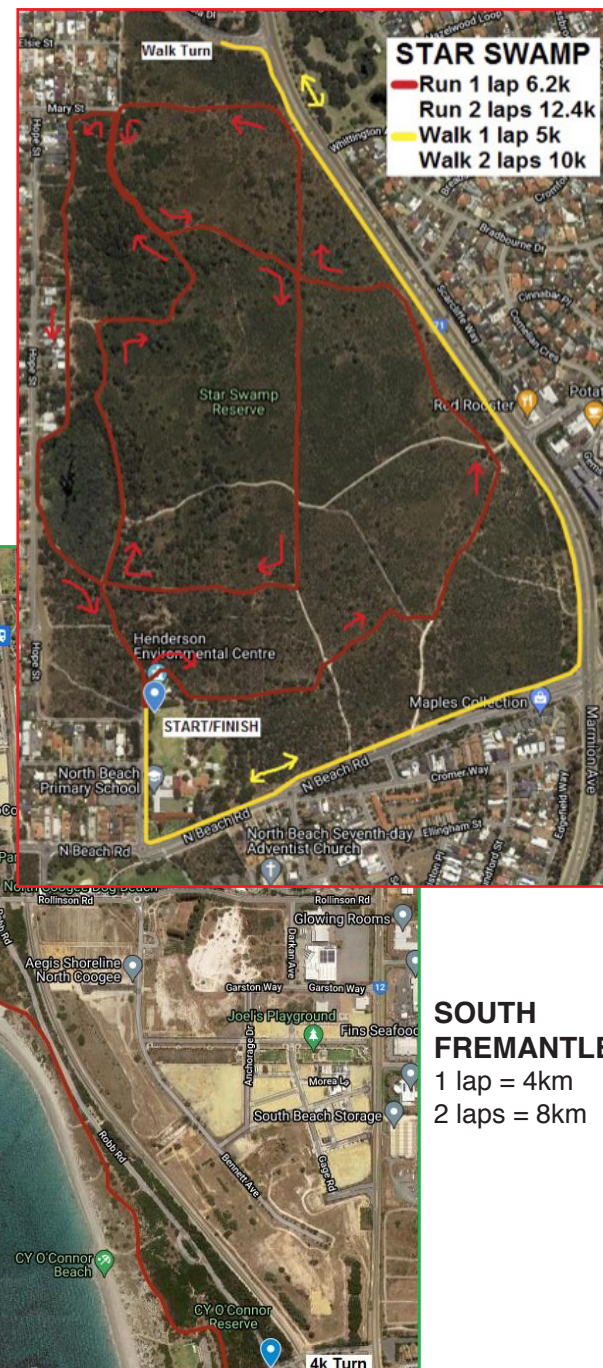
“After an initial loop on the grassed area of about 150m, we join the bitumen walk path and head south towards the old power station. The turn-around point will be just 5m from Robbs Road.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, garyfisher1404@gmail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or 0412 513 348.

SATURDAY

DC's group at WAAS; 8-9.45am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door.

Course maps shown here may also be seen on the club website.



SOUTH FREMANTLE
1 lap = 4km
2 laps = 8km

AGE-GROUP LEADERS

10KM RUN

1728 Chris Gould M45 34:53



2184 Glenn Rogers M55 41:29

1864 Martin O'Connell M50 43:39

2251 Scott Chambers M40 44:35

1702 Steve Helm M60 45:07

755 Bob Lane M70 45:33

1202 Akos Gyarmathy M65 48:34

690 John Talbot M75 78:13

WOMEN

2259 Caroline Knight W40 44:32

689 Sandra Stockman W55 47:54

1716 Liz Gomez W40 54:53

987 Julie Wilson W65 55:50

843 Rochelle Airey W50 57:00

1682 Jo Shelley W45 62:44

1512 Noels Treen W60 65:34

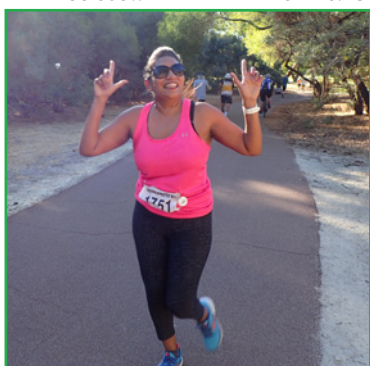
2052 Amanda Wylde W35 69:46

2283 Noelle Dawson W70 76:26

5KM RUN

WOMEN

2241 Jo Scott W45 25:28



1751 Shareenah Virahsawmy

W40 27:41

Joondalup

MARCH 6, 2022

Directors: Phillipa and Alison Greenwood Jones



739 Margaret Saunders W65 29:39

414 Gen Schreyvogel W50 30:42

1813 Isolde Tietz W70 32:28

2112 Audra Rimmer W55 33:32

215 Robin King W60 34:12

149 Jackie Halberg W75 38:20

2262 Rachel Conroy W30 43:04

5KM RUN

MEN

1978 Mike Haederle M60 18:42

2292 Chris Stansbury M50 20:51

178 Ralph Henderson M70 23:02

229 Blakeney Tindall M60 24:07

136 Vic Waters M75 34:00

112 Bob Schickert M80 36:10

1827 Steve Barrie M55 40:44

5KM WALK

1110 John McDonagh M70 35:27

2304 Norman Pillay M50 41:55

25 Jim Barnes M75 50:24

1487 Jason Kell M45 85:37

WOMEN

510 Delia Baldock W60 37:34

111 Lynne Schickert W80 42:54

1752 Sheila Pillay W50 43:54

2128 Heather Miller W70 48:00

2309 Sri Nurbawati W40 54:03



Chris Gould - above, and left, with his support crew - led from the start with an un-catchable three and a half-minute pace.



AGE-GROUP LEADERS

11KM RUN

1710	Mitch Cleasby	M60	45:37
2310	Andy Whiteside	M45	47:45
2251	Scott Chambers	M40	48:32
2184	Glenn Rogers	M55	51:35
1202	Akos Gyarmathy	M65	53:50
1256	Mercurio Cicchini	M70	59:19
512	David Baird	M75	1:03:19
1822	Craig Madden	M50	1:15:31

WOMEN

2259	Caroline Knight	W40	48:13
1634	Eulalia Van Blomestein	W50:50:56	
1862	Ceri Morton	W35	59:20
1512	Noels Treen	W60	1:13:23
2311	Sian Owen	W55	1:15:18

7.5KM RUN

2233	Greg Knuckey	M60	32:49
755	Bob Lane	M70	34:02
1587	Pat Jones	M50	37:36
1111	Ian Carson	M65	37:43
2046	Brett Montgomery	M45	42:53
2249	Rod Siviour	M55	43:01
112	Bob Schickert	M80	55:56
690	John Talbot	M75	58:11

WOMEN

987	Julie Wilson	W65	41:23
843	Rochelle Airey	W50	41:39
1661	Liz Bryson	W70	41:42
1711	Denise Cleasby	W60	46:51
2112	Audra Rimmer	W55	46:54
2248	Michaela Miller	W45	54:14
2047	Mel Montgomery	W40	55:28

4KM RUN

2292	Chris Stansbury	M50	16:54
743	Ross Keane	M60	19:17
1729	Victor Munoz	M65	20:32
2054	Xinhuan Yan	M45	20:43
53	Jim Langford	M75	21:37



175 Brian Bennett M70 23:07
1865 Stephen Grannells M55 29:33

MARCH 20, 2022

Director: Kim Thomas



Kim - our thanks to him and the helper team.

WOMEN

689	Sandra Stockman	W55	18:38
406	Chris Pattinson	W65	21:54
481	Theresa Howe	W70	27:39
1389	Janne Wells	W50	27:58
1218	Ginny Mulvey	W60	28:28
149	Jackie Halberg	W75	28:44
1674	Gem Hildyard	W40	31:09
40	John Pellier	M80	31:33

7.5KM WALK

1257	Karyn Tolardo	W55	52:40
111	Lynne Schickert	W80	69:25
2159	Kerry Bickers	W60	81:41
295	Julie Wood	W70	83:23
1328	Pam English	W75	83:24

MEN

1110	John McDonagh	M70	54:08
262	Johan Hagedoorn	M75	55:26

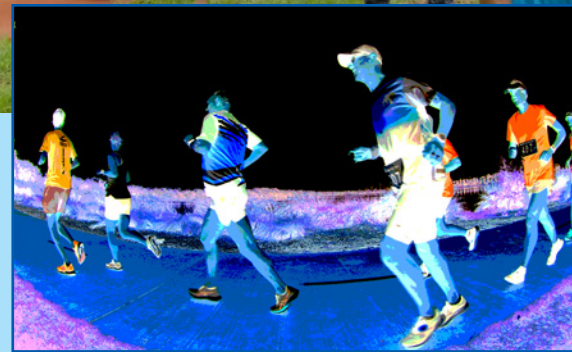
4KM WALK

174	Mike Anderson	M70	31:13
2059	David Gardiner	M75	31:17
2304	Norman Pillay	M50	35:10
227	Gary Fisher	M65	37:14
20	Jeff Whittam	M85	42:30
89	Paul Martin	M80	48:20

WOMEN

1752	Sheila Pillay	W50	35:10
1900	Glenys Duncan	W80	36:45
2128	Heather Miller	W70	42:11
1112	Sofia Carson	W60	42:52
31	Dorothy Whittam	W85	43:53
91	Janet Jarvis	W75	44:42
1301	Erika Blake	W65	46:20
1961	Sofia Dumlaio	W40	52:19

Lake Menger



Things to come? This version of our cover pic imagines Masters staging night runs. Right: winners all - Chris Stansbury, Greg Knuckey and Mitch Cleasby.



Mum's off the ground! I'm convinced these new prams are motorised.

Long-time friend and fellow Brother, Basil Worner, has written this tribute to Masters clubman Leo Hassam. They first met in the 1950s and for a year Bas was Leo's deputy headmaster at Aquinas.

LEO, born in Bundaberg, Queensland on May 25, 1930 was always proud of his Anglo-Irish heritage through father George Hassam and mother Annie (nee O'Doherty). He joined the Christian Brothers in 1947 after senior level studies at St Laurence's College, Brisbane before moving to Strathfield, Sydney.

After teaching stints in Melbourne, beginning at age 19, and a short time in Adelaide, he worked in Kalgoorlie, Geraldton and Fremantle before, in 1960, being appointed headmaster at Aquinas College for the statutory six-year period. After this, Leo had a brief stint as a senior master of science and English in Ballarat before returning to Western Australia to become headmaster at Kalgoorlie - where he began a programme of walking to counteract the onset of diabetes.

Leo was not naturally inclined to athletics but thoroughly enjoyed long treks on bush trails and, back in Perth in 1983, he began to morph these walks into real runs.

Running for beginners

We, and other like-minded beginners, did the usual tracks through Kings Park and eventually various courses from Perth to Fremantle - invariably followed by a meal at a spot familiar to Leo from his time at the port.

He joined the WA Veterans Running Club (Masters) in 1984 - the beginning of a long, enjoyable experience for him: though no great athlete, he was always a popular member and was soon elected as president.

During his term, the club worked hard to build local awareness of our veterans' movement. Television coverage

of our state championships was a breakthrough, almost unthinkable in those days! There were displays in libraries - and a successful world record attempt by star runner John Gilmour during the lunch break at a WACA Ashes test match.

'Men bring a plate'

For some years Leo personally organised our Carine run (the Andy Wright Handicap) before relocating it to Aquinas. The subsequent Mothers' Day events he hosted there in the hockey pavilion - 'men bring a plate' - became a calendar highlight.

'The Vets' were an important part of his life and he persisted in joining in our Sunday events until it became physically impossible.

No natural runner, he admired the efforts of multi-marathon members like John Pellier, Bob Schickert, Jimmy Barnes and Bob Harrison. Leo ran a half-

I ran two marathons today - my first and my last!



LEO HASSAM 1930 ~ 2022

marathon at Boyanup, hosted by the Bunbury Vets and eventually completed a full marathon at Albany - a remarkable feat by a diabetic. After a long recovery that afternoon, he solemnly announced he had run two marathons that day - his first and his last!

In 1987 Leo accompanied our small squad to the Sydney nationals and ferried us around

in a small people-mover as we lodged in one of his community houses quite a long way from Sydney. He never forgave me for forgetting my driver's licence.

He actually finished up in a walks final but admitted, to the amusement of all:

"I came here to run in the heats."

He cherished Albany and spent many holidays there, seeking secluded spots to camp out and chase the 'elusive King George whiting'. He was quietly pleased when he and three others camped in a creek bed overnight and then climbed Bluff Knoll, WA's second highest peak. That was Christmas 1960, when there was no regular pathway - only an occasional yellow blaze on a rock.

Albany, the Porongurups and the Stirlings were subject of some of his best water-colours. Leo was a more-than-competent painter and some of his best works hang in houses in Perth and Albany. It was a difficult experience for him when he realised that he could no longer manage his brush or fishing rod.

As a community member Leo was expected to take his turn in preparing a meal and he quite fancied his culinary offerings as an authentic chef.

I recall an occasion in a Hay Street serve-yourself steakhouse many years ago when he had meticulously selected two prime pieces and was watching them 'develop slowly'.

A woman nearby, sensing we

were middle-aged incompetent males, began to batter the meat with a metal slide.

The man straightened his shoulders, carefully avoided eye contact and fired off between pursed lips:

'They have already been killed.'

Some Vets (and former Vets) also came across Leo at the Perth concert hall. He was a devoted follower of WASO and joined them for years with the tribal loyalty usually reserved for AFL clubs.

In retirement he also joined the highly-regarded Julian Singers, a choir dedicated to performing sacred music. Leo wryly recalled the performance of Handel's Messiah they delivered in semi-desert Sandstone one Christmas season.

All in all, Leo was the Renaissance man, as reflected in the range of his interests both intellectual and physical and the subjects he taught - mathematics physics, chemistry, manual arts, English literature, Latin (some while also headmaster).

Leo spent the last years of his life at Gracewood Baptistcare in Manning where he was again a popular member of that community, playing a leading role in the social club and the special worship group. He is survived by his 96-year-old sister Juanita and his niece.



Carmel Meyer has contributed this overview of the State Championships which she has covered extensively in the latest online TFNL.

COVID makes us appreciate the opportunity to congregate and participate and 'make hay while the sun shines.' The State Championships were no exception. Speaking of weather, it was generally kind over the entire competition. Humid it was, but the gusty Cannington wind was largely absent. Some athletes were delighted with their performance, others less so, but grateful not to be on the side-line. Many injured athletes became volunteers, and we thank them for that.

Helper army!

Certainly, no competition occurs without a small army of people who step up to make it happen; the Blurtons lead the way, Barbara on crutches, the WA athletics officials and the MAWA volunteers undertaking their assigned



BRISBANE NATIONALS

NOT since a freezing late April weekend in 2019 have our Track and Field athletes enjoyed a National Championships. Finally, one is happening, in Brisbane, in early April. For most of the entry period we thought border restrictions would keep us out, but a February decision by our premier and a generous offer on late entries by the LOC means that we will be there. Bob Schickert will captain a team of 23 WA athletes - we wish them all well. RB

tasks. Helping isn't easy work but you come away full of positive vibes that come from contributing to something special. The photographers document the pleasure and the pain. The canteen helpers tempt our taste buds, and the coffee lady supplies legal performance enhancement.

Maureen - AOTM!

Maureen Keshwar (W70) was Athlete of the Meet with an Australian Pentathlon record (pending), a 90+% for 100m plus other strong performances. Lynne Schickert (W80), showed steely resolve to be her best despite health issues, setting Australian records (pending) in Steeplechase and High Jump. Multi-talented Sue Coate (W55) set State records in Pole Vault, Pentathlon and Heptathlon whilst trying to keep one jump ahead of injury. Paul Jeffrey (M45) set State records in Pentathlon and Javelin. Garry

Ralston (M65) set State records for 300m Hurdles and 60m. All the record breakers show us just what happens when natural ability meets focussed preparation and genuine hard work.

Surprise highlights resulted from athlete 'crossovers' - walkers Andrew Duncan, Garry Hastie and Melissa Lewis took to the javelin runway, channelling high levels of walker's flexibility to launch the spear.

Team Albany brought an eight-member crew to rival the nine athlete Bunbury team, both resplendent in their colourful tops. Uwe Pufke came from Kununurra and brought scorching speed to the track.

Although spectator numbers were curtailed, 'Social Distance Hill' echoed with a chorus of supportive cheers for all competitors. That's really what it's all about ...

Carmel



Tolli

Tolli writes ...

Dear Barbara, I never got the chance to thank all officials and volunteers last weekend. Please send my very grateful thanks to all of them.

Boy, I really enjoyed the weekend and shall try and keep going as long as my health holds out. Cheers! PS: also, special thanks to Vic. Tell him I've had a go at our local paper for not giving him credit for his photo!

(Rob Antonioli is recovering from cancer and charity fundraising by trying to set new PBs. VW



Cecil & Andrew

Claire Walkley, Cecil's extremely proud and supportive daughter, sent us this picture of the champ with Andrew Collins who interviewed him on ABC radio prior to the main weekend. Andrew's return-flight home to Albany being delayed by thunderstorms he competed on Sunday 13 and won a PB!

That would have pleased the Albany crew, a lovely, friendly bunch, reports Claire.

A FAIR proportion of our active members will have been told by medical professionals that they will never run or jump or throw again - but they keep going.



Lynne - State Champs 2022

And while most people undergoing major cancer surgery in their late 70s would have to severely curtail their athletic ambitions, not so Lynne Schickert. She is now 80 and back to competing in multiple events in the State Championships. Not just competing, and setting State Records, but breaking Australian records in the high jump and steeplechase. Quite amazing! NB: Did Bob Schickert's May Campbell Award (see page 8) ring bells? Well remembered; Lynne won it three years ago! **RB**



MAWA's strong men are record-setters

FEW members will be aware that we have two athletes breaking Australian records in events where huge, weighty objects are thrown equally huge distances. These objects weigh in at 35, 56 and 100lbs. The latter is heavier than some of our female members - try just picking up that weight, let alone throwing it.

The men are Warren Button and Todd Davey. They have both thrown 56lbs around 10 metres for Australian Records, while Todd has thrown 100lbs almost 5 metres. They even do a heavy weight pentathlon where they throw five of these objects in one competition - and Warren has the Australian record for this.

Of course, the 35lbs goes much further. Warren's Australian record is over 18 metres while Todd's State record in the M50 is almost 20 metres - that's the length of a cricket pitch.

Both men excel at the conventional throws as well. Todd has current Australian records in the shot and discus, while Warren is a hammer specialist and holds

our State M30 record with over 60 metres.

Plenty more records to come from our big men - will keep you posted. **RB**



Above - Todd Davey

Right - Warren Button



John Landy - the runner who stopped

EVEN people with minimal athletics knowledge have heard of the great Landy. Because when a young Ron Clarke tripped and fell, with about a lap and a half to go, in the 1956 Australian Mile Championship at Melbourne's Olympic Park, John Landy famously stopped to help him up. Then Landy ran on to win.

It was voted the 'Finest Sporting Moment of the Century' in 1999 by the Sport Australia Hall of Fame.



Monumental sportsmanship

There's much more. John Landy was the second man to break the four-minute barrier. In Turku, Finland he surpassed Roger Bannister's 3:59.4 by almost two seconds.

Also, he ran that time without pacemakers. Bannister had two - first Melbourne 1956 steeplechase gold medallist Chris Brasher, then Chris Chataway. Landy did it on his own, leading all the way to clock 3:57.9.

Aged 91, John Landy died last month, and Vetrun has received a fascinating insight into his later life and close connection to Masters.

It is too extensive for us to print in Vetrun, but any readers who would like to receive it in full have only to email me and I will forward the story. ■



3Ps

**AGE-GROUP LEADERS
16KM RUN**

798	Kim Thomas	M45	1:06:07
1954	Andrew McLeish	M35	1:06:39
2263	Adam Williams	M40	1:09:35
2278	John Ferguson	M50	1:12:55
755	Bob Lane	M70	1:18:26
1202	Akos Gyarmathy	M65	1:20:31
2264	Mark Hoffmann	M55	1:23:06
1874	Michael Pascoe	M60	1:27:57
690	John Talbot	M75	2:08:51

WOMEN

2225	Angela Hon	W40	1:20:56
1661	Liz Bryson	W70	1:32:11
2098	Vynka Cridge	W45	1:36:39
2256	Jo Smith	W50	1:37:05
1422	Carolyn Stephens	W65	1:38:52
1706	Rashanthi Wanigasekera	W45	1:47:07
1512	Noels Treen	W60	1:59:10
2049	Sharon Woodfield	W55	2:01:40

MARCH 27, 2022

Director: Lachlan Marr

8KM RUN

2233	Greg Knuckey	M60	34:54
1587	Pat Jones	M50	37:08
1901	Rodney Glossop	M40	37:48
2015	Frederick Smart	M85	49:21
2034	Gopal Gupta	M55	51:03
401	Mal Vernon	M65	52:52
986	Greg Wilson	M70	1:04:48
2066	Alan Cassels	M75	1:10:00

WOMEN

689	Sandra Stockman	W55	37:53
987	Julie Wilson	W65	43:53
843	Rochelle Airey	W50	43:58
1902	Crystal Glossop	W40	45:08
1862	Ceri Morton	W35	45:53
1720	Anne Young	W45	46:38
1711	Denise Cleasby	W60	48:56

481	Theresa Howe	W70	54:51
2052	Amanda Wylde	W35	58:17

5KM RUN

2134	Gerrit Myburgh	M50	20:57
2041	Simon McGarvie	M55	22:36
743	Ross Keane	M60	24:09
512	David Baird	M75	26:56
106	Paul Hughes	M65	27:53
112	Bob Schickert	M80	34:58

WOMEN

739	Margaret Saunders	W65	30:27
288	Gillian Young	W70	32:05
1994	Lorna McGavock	W45	32:28
1787	Hazel Stephen	W75	38:13
1963	Loren Gee	W40	38:20
2022	Jenny Hogg	W55	38:31

8KM WALK

1638	Andrew Duncan	M55	44:51
262	Johan Hagedoorn	M75	57:59
1138	Lui Cecotti	M70	1:01:10
1454	Andrew Cuthbertson	M60	1:12:38

HELPERS - WHERE YOU'RE NEEDED!

ALL members who attend Sunday events - * except those exempted - are required to help at two meetings a year - more if you like!

The new registration system is working well, according to race directors. People are now less likely to 'forget' the duties for which they sign up.

But ... although you might have helped once this year, have you signed on for your second stint?

Here's a list of coming events in need of helpers.

Lists are regularly updated on the website.

(* Exempt members include those 80-years plus; T&F only

members and a few other special cases.)

May 1 **Weir Run,**
Kent Street 6 more needed

May 8 **Mothers' Day Run**
Burswood 7 more needed

May 15 **RRC 15km**
Nedlands 7 more needed

May 29 **RRC 25km**
Burswood 12 more needed

June 5 **Bardon Bash**
Bardon Park 12 more needed

June 12 **Club CC Champs**
Jorgensen Park 9 more needed

June 19 **Club Half Marathon**
Mt Pleasant 12 more needed

June 26 **Carine**
Okely Road 11 more needed

To help at any of these events go to the club site; Road tab; and Helper Registration.

WOMEN

1257	Karyn Tolardo	W55	54:13
1531	Lesley Dowling	W60	1:23:54
1301	Erika Blake	W65	1:23:54

5KM WALK

1110	John McDonagh	M70	34:38
2059	David Gardiner	M75	39:16
2304	Norman Pillay	M50	42:37
455	Sean Keane	M55	46:24
89	Paul Martin	M80	51:57
227	Gary Fisher	M65	51:57

WOMEN

1389	Janne Wells	W50	35:10
99	Peggy Macliver	W75	38:57
1751	Shareenah Virahsawmy	W40	42:38
1752	Sheila Pillay	W50	43:08
111	Lynne Schickert	W80	44:30
2128	Heather Miller	W70	47:56
1961	Sofia Dumlaio	W40	1:04:30

2303 MASLEN: Pat M55
2304 PILLAY: Norm M50
2305 MASLEN: Mark M45
2306 SCULLY WARD: Marina W40
2307 BAIRSTOW: Crystal W40
2308 TAYLOR: Will M55
2309 NURBAWATI: Sri W40
2310 WHITESIDE: Andy M45
2311 OWEN: Sian W55
2312 MUIR: Jo W50
2313 BREWER: Sam M35
2314 MENZIES: Dean M30
2315 MOSTERT: Daniel M45
2316 CONNOLLY: Tommy M30
2317 FINEGAN: Gary M35
2318 GRENDON: Anthony M60
2319 LI: Wei W30

NEW MEMBERS